

wellness: the rpg

Case Duckworth

a 43beans joint

wellness is a lil rpg (my first!) that helps you stay ok when working. it's pretty simple i think... we'll see.

Rules

For **wellnessrpg** you'll need 2 six-sided dice (d6). Roll them both, then check the table below for what you should do based on what they're divisible by. If your roll is divisible by more than one, you can choose:

- (a) Choose the higher factor.
- (b) Choose which factor appears most in the prime factorization of your dice roll.
- (c) Pick whichever is your favorite!
- (d) Do all of the ones that can factor into your dice roll.

Repeat this game until you feel better. I recommend setting a timer or rolling 2d6 whenever you complete a Work Task.

Stats

This game has a few stats that can modify gameplay:

STRESS_MULTIPLIER

How stressed you are right now.

Not stressed / normal work stress	1
A bit piqued	2
Freaking out	3
More ? Oh no	Your choice -- and good luck <3

Dice roll table

Dice roll	What to do
div2	Drink water
div3	Get up and stretch
div5	Box breathe x 4
div7	Take a lap
div11	Sit, close eyes, chill for $d6 * \text{STRESS_MULTIPLIER}$ minutes